

MILWAUKEE COUNTY SENIOR DINING

MUSLIM COMMUNITY & HEALTH CENTER

803 W. LAYTON AVENUE



MILWAUKEE COUNTY
Department on Aging



FOR CURBSIDE PICK-UP
MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni w/Ground Beef Hummus Salad Pita Bread Apple	2 Grilled Chicken/Rice Grilled Vegetables Baba Ghanouj Salad Pita Bread Banana	3 Chicken Tikka Mixed Vegetables Naan Salad Grapes	4 Frontier Chicken Rice Malai Kofta Naan Salad Raita Pear	5 CLOSED
8 Chicken & Potato w/Red Sauce Hummus Salad/Raita 2 Pita Bread Orange	9 Ground Beef Rice Grilled Vegetables Hummus 2 Pita Bread Salad Apple	10 Haleem Vegetable Rice Naan Salad Melon	11 Reshmi Kebab Daal Channa Naan Bread Salad Fruit	12 CLOSED
15 Kebab w/Rice Hummus Salad Pita Bread Banana	16 Hamburger French Fries Green Beans Salad Dressing Orange	17 Chicken 65 Bhindi Masala Naan Salad Pear	18 Chicken Biryani Palak Paneer Naan Raita Grapes	19 CLOSED
22 Shredded Beef Potatoes Salad Raita 2 Pita Bread Apple	23 Shredded Chicken Rice & Vegetables Falafel Salad Pita Bread Banana	24 Chicken Karahi Channa Masala Naan Salad Fruit	25 Seekh Kebab Mixed Vegetables Naan Salad Melon	26 CLOSED
29 Grilled Chicken/Rice Grilled Vegetables Baba Ghanouj Salad Pita Bread Orange	30 Macaroni w/Ground Beef Hummus Salad Pita Bread Apple	31 Chicken Makhani Daal Channa Naan Bread Salad Pear	RESERVATIONS REQUIRED 939-4411	



canned *Peaches* 5 ways

Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg



Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Find these peach recipes here:
<https://choosemyplate.gov/5-ways-series>



HEALTH BENEFITS OF PEACHES

- 🍑 Packed w/Nutrients & Anti-Oxidants
- 🍑 Help Maintain Healthy Weight
- 🍑 Improve Digestion
- 🍑 Promote Healing
- 🍑 May Prevent Certain Cancers
- 🍑 Contribute to Healthy Teeth
- 🍑 Boost Immune System
- 🍑 Protect Bone Health
- 🍑 Support Eye Health
- 🍑 May Protect Against Disease

NUTRITION FACTS

Serving size: ½ cup (124g) canned peaches in light syrup, drained

Amount Per Serving

Calories 76 **Calories from Fat** 0

% Daily Value*	
Total Fat .19 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 19 g	6%
Dietary Fiber 1 g	4%
Sugars 13 g	
Protein .69 g	

Vitamin A	12%	Vitamin C	5%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.